

School Health Promotion Morning Announcements

OCTOBER: Zero Sugary Drinks



Quiz:

[Start speaking here.]

Time for a quick health quiz!

1. Which should you drink after running around outside with your friends?
 - A. A glass of water
 - B. A sport drink

The answer is "A." Sport drinks are packed with sugar – 8 teaspoons! The same as 8 sugar packets! Your body needs water after exercise.

2. If you drink too many sugary drinks, which of the following can happen?
 - A. You can get tired and grumpy later in the day.
 - B. You can gain weight.
 - C. You could get health problems when you get older.
 - D. You can get cavities.
 - E. All of the above

The answer is "E!" Unfortunately, all of these things could happen if you drink too many sodas, sport drinks and other sugary drinks. Try water or milk instead!

Think before you drink!

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